Mary's Kitchen

Pebruary 14 is a delightful date for party. Be it a juncheon, "bridge" tea the spirit of the good Saint alontine seems to work charm for econsider.

This suggestion for a luncheon menu can easily be carried out in a

LUNCHEON MENU.

Love Apple Bisque Teasted W Salmon Croquettes with Creamed Carrots.

each cup.
SALMON CROQUETTES.

blespoons water, roll again rumbs and fry in deep hot fat The fruit salad is a jeilied s

ade with strawberry juice and ge

LOVER'S DELIGHT. Six eggs, 1 cup granulated sugar, tablespoons gelatine, 1 cup cold

water, I cup grape juice, I cup bredded almonds, macaroons, t-

Beat whites and yelks of eggs and add this mixture to whites. Line

and chill. Serve with whipper cream topped with more cherries. These rules are calculated to serve ten persons.

(Copyright, 1922, NEA Servic)

LITTLE BENNY

low you to have one, sed Mrs. Hews,
Certeny he would, of corse he
would, all I'd haff to do would be to
ask him, sed mas And tonite after
suppir she sed to pop, O Willyum, Mrs.

Stuffed Olives

#### BORROWED HUSBANDS MILDRED K. BARBOUR

CXV-PEGGY SCORES AGAIN

Nancy was amused at Miss Blair's discomfiture when Dr. Langwell fol- amuser lowed Peggy Lewis into the millinery

He, on the other hand, accepted the situation with his usual imperturba-billity. His complacence in finding hat there two women, one in whom he obviously was interested from a senthere two women, one in whom he obviously was interested from a sentimental standpoint, was evident.

Moreover, his vanity was flattered by Pegy Lewis attentions. She flut witered around him, looking up at him admiringly with het great dark eyes which she was capable of making most languishing when the occasion, demanded.

He surveyed the shop critically.

"I should say this was a dangerous place for a lone man to be in!" he premarked. "Womes always run amuck in a millinery shop, and it's wise for any man with a pocketbook to take to cover."

"It's well to see you're married, laughed Pegy Lewis. "Or else you've been clevely vamped."

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"It's well to see you're married, laughed Pegy Lewis. "Or else you've been clevely vamped."

"It's well to see you're married. "But why not! It's a perfectly slightling slance at Nancy when the doctor entered, had remained smiling but silent, spoke up crispity."

"It's well to see you're have been a bit disconcerted, but he said easily."

"I'm sorry to be deprived of the procession of the male flirt is supposed to be done for the procession of the male flirt. When the dawn he length of the story of them dawn to the contains and the procession of the male flirt. The supposed to be done for the procession of the male flirt. The supposed to be done for the procession of the male flirt. The supposed to be done for the procession of the male flirt. The supposed to be done for the procession of the male of the supposed to be done for the procession of the man to the procession of the male of the supposed to be done for the procession of the male of the supposed to be done for the procession of the male of the supposed to be done for the procession of the male of the supposed to be done for the procession of the male of the supposed to be done for the procession of the male of the supposed to be done for the procession of the male of the supposed to be done for the procession of the male of the su

BEDTIME STORIES

By HOWARD R. GARIS

UNCLE WIGGILY AND MR. WHITE-plained the Polar Bear gentleman "Just enough so you won't freeze fas to the cake of ice."

"Don't go out looking for adventures today," said Nurse Jane Fumy Wuzzy, the muskrat lady nurse, to the bunny gentleman, as he started to hop from his hollow stump bungalow one morning."

"All right," said Uncle Wiggity and, somehow or other, he thought of Nurse Jane's queer dream. Soon he and all. Whitewash reached the teleformer his hollow stump bungalow one and all whitewash reached the teleformer his hollow stump bungalow one and all whitewash reached the teleformer his hollow stump bungalow one and all whitewash reached the teleformer his hollow stump bungalow one and the cake of ice."

Who threw me into a snow drin?"

Who threw me into a snow drin?"

Who threw me into a snow drin?"

Mr. Whitewash slid over behind in At the same time Mr. Whitewash slid over behind in Mr. White dear." Well, I'll sit down a moment,"
Oh, I'm only going a little way, and growled the Fox, "and then I'm go-

cars kindly, for he didn't want Nurse Jane to worry.

Away hopped the bunny uncle taughing to himself about Nurse Jane's queer dream.

"It wander if I shall have an adventile to the property of the Bear drank his cold the

"Maybe this en stiff from sitting on the

Jane's queer dream.
"I wonder if I shall have an adventure like that." though Mr. Long.
"If m going to nibble—any ble any any erect." Any he couldn't say another word

hen, all of a sudden, he heard some

But it happened to be Mr. White-rich, the kind Polar Bear gentle-ian, who was a friend of Uncle Wig-

gentleman walked along together, un-

Fuzzy Fox now," whispered

Peggy Lewis considered a moment.

"I have it" she said suddenly. "A
box of good cigars against a new
hat!"

"Accepted!" the doctor agreed.
"My fate then, is in the hands of
Mrs. Burrard."

"Are masculine first to be with the street corner, and oggies every passing skirt will find the jail yawning for him, and as for the he-yamp, there will be something with bolled oil in it for him.

The suppression of the male filtrice approach to be done for the pre-"Accepted!" the doctor agreed.
"My fate then, is in the hands of
Mrs. Burrard."

Turning to Nancy, he asked:

"Are you looking for a hat, too"
Surely nothing could be more becoming than the one you have on "What a nice speech!" laughed Peggy Lewis. "It bushands said such things offener, there would be less bills to pay. I'll wager Nancy doesn't get a new hat after that."

"I'll bet she does!" said Langwell. "You can't restrain a woman once their in a millinery shop."

Peggy Lewis tilted back her head and looked at him through narrowed eyes.

The dear doctor is not as clever as he is raised. He failed to set a said looked at him through narrowed eyes.

The distribution of the head of the hat I could choose."

The universal filt's brother is the love-at-first-sight man. You meet love-at-first-sight man. You meet

love-at-first-sight man. You n him two minutes before he takes him two minutes before he takes you in to dinner. On the way to the ta-ble he tells you that he was thralled your appearance the moment he

for whom he has been searching all ten. There's nothing else through these weary years, and be- elastic as the human heart.

What will you bet have asked analy.

He regarded her with indulgent are going to put the lid down good assured that you have inspired a are going to put the lid down good deathless passion. This is too sud-den. Still, there are women vain en-

Dorothy Dix Talks

THE MALE FLIRT

ly are masculine flirts to be abolished. The man who stands on the street corner, and oggles every passing skirt will find the jail yawning for him, and as for the he-yamp, there will be something with boiled oil in it for him.

The suppression of the male flirt is supposed to be done for the protection of women, but I have little knowledge of my sisters if they will talks darkly and romantically of a static of the state of the st

Baking Powder Biscuit
Fruit Salad
Lover's Delight Heart Cakes
The "lave apple" bisque is nothing
more nor less than tomato bisque. whose strong suit is his sins. Ife talks darkly and comantically of a desperate past. He never had a mother or sister, but if he only had your angel influence he feels that he could lead the higher life.

Heaven alone knows who

Heaven alone knows why, but the idea of making a reformatory of herself is irresistably alluring to a woman, and this kind of man is fateer fascinating to pious siris. They send him good books, and embroider texts for his room, and sometimes it hurts their innocent little heart when they find out that forty-seven other

they find out that forty-seven other girls are also acting as mother coating are also acting as mother coating as mother coating files are also acting as mother coating files are food may be, she is in a mail and acting an acting as files are follows. It is not the quantity of food eaten, but the quantity and cut in quarters celery leaves and cut in quarters celery leaves and cut in quarters celery leaves and act in quarters celery leaves and a

ret sorrow that he confides to you the second time you meet him. His wife never understands him. She is dull and prosaic creature, while he

entered the room.

Between the soup and the fish he confides in you that you are the ideal ple are hurt? Oh perhaps. Not offor whom he has been searching all through these wears very and he confides to the care of the care Not of on a platter to cool. Shape in cro-uite so quettes, roll in fine racker crumbs, dip in egg slightly beaten with two

## ADVENTURES OF THE TWINS

BY OLIVE ROBERTS BARTON

bunny gentleman, as he started to hon from his hollow stump bungalow one morning.

"Why not?" asked Mr. Longears Why shouldn't I go out adventuring today, as I did yesterslay and the day before?"

"Oh, because I had such an unbappy dream about you last night," answered Miss Fuzzy Wuzzy. "I creamed you were cut in the cold, and were frozen so stiff you couldn't walk, and then you were thrown into a snow drift."

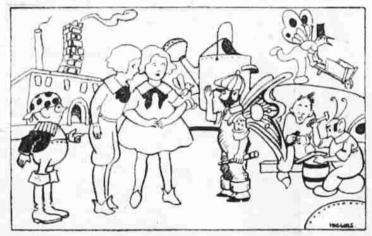
"Who threw me into a snow drift."

"Nobody, really, bust I dreamed the Fox didn't notice (his eyes watching the bunny all the time), he down on a cold cake of ice which Mr. Whitewash skid over behind him At the same time Mr. Whitewash winked one eye at I lines. Wiggly with the same time Mr. Whitewash with the same time Mr. W tle train at Dew Town and again they at all!

gracefully here and there and drip Scootalong stopped the funny lit- This wasn't her idea of dew fairles

But Nick was delighted beyond "This is where the dew fairies words at the sight of the stordy, live," explained Buskins, "and string grim; little figures wheeling wheelthey are very busy now, we must barrows, shoveling coal into furnot disturb them. It is the very naces, and keeping up a constant busiest time of year." busiest time of year."

The Twins wondered what there music to his ears. It was exactly was to be so busy about, dew being like the mill his daddy had taken him only thuy drogs of water and easily to once in the city. When he grew scattered. Surely it wasn't any up he was going to work in just



man, who was a friend of Uncle Wig dily. Mr. Whitewash had on his big white fur coat.

"Oh, hello, Uncle Wiggily" roared of Wittewash in his most jolly voice. How are you today?"

"Very well, indeed," said the bunny. "You look well yourself."

"I am," said Mr. Whitewash won't you come to my icicle cave and have a drink of ice water?"

"Ice water is a bit cold on a freezing day like this," said Uncle Wiggily, white would be more to my tisste."

"Then the bunny drank the rest of his hot checolate and, getting up from the warm cake of ice, he hurried back to his hungalow to tell the muskrat would be more to my tisste."

"That's so!" laughed Mr. Whitewash and the bunny drank for the muskrat wash. "I forgot that most of my friends do not like things as cold as I do; being a Polar Bear. Well, come to my licite cave and Till make you some hot chocolate, though I don't drink it myself."

So Mr. Whitewash and the bunny grank for the cave into a snow drift. But when he had thought it would be more fun to tell him freese himself."

"Yes, and that's Nurse Lane's world it was the one to be tosed into a snow drift. But it was the one to be tosed into a snow drift. But it was the one to be toged into a snow drift. But it was the form is from the bungal of the wing it."

Then the bunny drank the rest of his hot checolate and, getting up from the warm cake of lee, he hurried back to his hungalow to tell the muskrat would be more to my tiste."

"That's so!" laughed Mr. Whitewash had on his big in the wing it was the one to be to be another day. Indeed they were not looking for at all hungalow to tell the muskrat would be proved the muskrat would be to his bungalow to tell the muskrat would be to have a start with thought it would be to the warm cake of lee, he hurried back to his bungalow to tell the muskrat would be to the warm cake of lee, he hurried back to his bungalow to tell the muskrat would be to have a start with the warm cake of lee, he hurried back to his hot checolate and, getting up from the bunny day to the heart o

Today's word is coronation, pronounced-kawr-o-nay-shun

comes from-Latin

BROWNING PIE. Dissolve a little sugar in a quarter of a cup of milk, then brush the mixture over the pic crust and a few toinutes heat will turn it a beautiful

DOINGS OF THE DUFFS

accent on the third syllable It means—crowning giving sovereign authority, the core of raising one to high rank.

taken place.

idge of paying my income tax, do you meen to say for an instant that you'd accept one of those pushed togeth r microbes as a gift mutch less pay out 30 good dollers for one of the silly

IF YOU ARE WELL BRED You will never write anything over our signature of which you later

LEARN A WORD EVERY DAY will be ashamed.

Will be assumed.

You will never let anyone read a letter intended only for your eyes.

You will reply to a note on a card, with a card, and to a letter on paper. TWO TONES.

Very stunning are some of the new negligees which are being done in two tones of the same color. One of the loveliest of the models was made of very heavy but supple yel low satin with a loose lining of brill liant orange crepe.

The all white sport fogs for young girls are indescribably lovely; shaggy white scarfs with caps and wool gloves. Sometimes they are banded with shaggy bands of black. TRIMMINGS. Trimming which emphasizes the width of the hat is quite the smart-est fancy of the moment.

Meening not eny, and he started to reed the paper and may \$30 to him-

self every once in a wile, and ma-started to darn holes out of secks, saying. O well, enyway, a dog is a tot of trubble, even if I wunted one.

ALL WHITE.

oking beests?

# You May Be Starving In The Midst of Plenty

To Be Plump, Radiant and Attractive Your Body Cells Must Extract Every Particle of Nourishment from the Food You Eat.

#### TANLAC ASSISTS NATURE IN THIS AS NOTHING ELSE CAN

more nor less than tomato bisque.

If the salmon is carefully freed from skin and bone and allowed to stand aprinkled with lemon juice for an hour the croqueties will be quite as delicious as if 'made with more expensive fish. The carrots look very pinky in a cream sauce.

Cut the baking powder biscults with a tiny heart-shaped cutter.

The salad gains its rosiness by means of strawberry or cherry juice, and the heart cakes are covered with pink leing.

One quart tomatoes, I large onion, the food may be, she is in a property of the plant of the property of the plant of t

Three cups flaked saimon. 3 table-spoons lemon juice, 3 tablespoons butter. 1-2 cup flour, 1 cup milk, 1 egg. 1 tablespoon minced parsley, 1 teaspoon salt, 1-2 teaspoon paprika. obtain real nour-

a dull and prossic creature, while he is all-souled, and then he looks tenderly into your eves and says dreambly. The married flirt is only dangerous to young and sympathetic girls. The woman of experience has met him and heard the tale before.

And so the merry little game of flirtance of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on. Sometimes poot the surface of the sauce pan Suread tation goes gayly on the surface of the sauce pan Suread tation goes gayly on the surface of the sauce pan surface gard the sur

and healthy, color creeps into faded and healthy, color creeps into faded Tanlac is sold in Ogden by A. R. cheeks, sparkle returns to dull eyes, McIntyre Drug Co. and other leadenergy replaces lassitude and the uniting drugglets.—Advertisement.

kind at her feet. Remember, you can quickly become as she is.
The wonderful
modicine
Tanlac-is
available to all who are handkapped. It has already made thousands thin, frall women perfect-ly healthy and of normal weight, and it is only waiting for you to give it the opportunity to render you serv-Tanthe same And Tan-will not make you abnormally fleshy-it is not a mer flesh - builder

Slightly beaten and salmon.

Cook and stir until mixture leaves the surface of the sauce pan Spread on a platter to cool. Shape in croquettes roll in fine racker crumbs, dip in egg slightly beaten and healthy, color creeps into faded.

JUST FOLKS

By EDGAR A. GUEST.

THE THINGS I MUST DO.

should like every day to do just a

I please.
I don't want to work and I don't

want to sigh, don't want the wind to blow du

day:
Yet in spite of my wishes for skiesthat are fair.
The days come along with my nortion of care.

various tasks that I don't want

Now whenever there came to me things I don't like,

I don't sit and sigh and I don't go on

strike.
Though I'd not invite trouble or an-

When they come I don't say that this life is unfair;
Though it may be unpleasant and not what I'd choose,

To meet it and bear it, it's vain to re-fuse.

I try to be cheerful and cling to my

I don't want the rain when it's

#### WALT MASON

VITAMINES.

Another great and helpful fad an-chains the sons of men; eat cockle-ours if you feel bad, and you'll be a pan with macaroons and a few cherries. Pour in mixture and let stand three hours to become firm well again For burs are full of vit amines—whatever they may be—and from all symptoms and all signs of ill they'll set you free. Cooked vis-tuals are the stuff, it's clear, that with whipped sends us to the tomb, that fits us for the shroud and bler, while in our youthful bloom. Roast beef is but a is but a day to play, like a I'd rather be happy than sad an deadly snare, and pies are like a for death's concealed therein. Raw grub is full of vitamines, and that's why cattle grow, and why the horosa Mrs. Hews came to see ma this afroon bringing a dog, being a function for in face, ma saying, O, wat a swiffill little dog, O wat an adorwill little will li they fairly paw the soil. I fed my aunt some cockleburs, to see what she would do there never was such she smake as her's, as round the house she flew. I wonder that our fathers tayed on this old earth so long, for all their customs were decayed, and all their theories wrong. They never would take in headed men, they never would take in their signs till three score years and yet, wrong, they never would take in their signs till three score years and you ware to get one for the same price.

### WHO SAID

Flews was heer this aftirneon and she had the cunningest little dog, particely adorable, and it ony cost \$30, did you ever in your life heer of enything so cheap for a Prints Charles?

Do you meen one of those pie fare mutts that look as if they'd test had.

The sword is ever suspended in was with a story of a freece in mind that François Arouet de Voltaire, the french writer, uttered the quoted above.

The sword is ever suspended in was with a story of a freece in mind that François Arouet de Voltaire, the freech writer, uttered the quoted above. "The Sword is ever suspended." It was with a story of ancient Greece in mind that François Maria

Do you meen one of those pie faze mutts that look as if they'd jest had some sort of a axident to their fectures? sed Pop.

Wy Willum, sutch a discription, it was a perfeckly bewtifill little do, and jest think, ony \$30, sed ma, and pop sed, thats jest wat Im thinking of, \$30 for a mizzeralbe little hunk of putty like that, wy Id jest as soon pay \$30 for a severe tooth ake, id jest as soon give \$30 for the privillidge of paying my income tax, do you The story follows: Dionysius th Elder, was ruler of the city of Syr-cuse. His court was filled with flu-terers who secured an easy living by playing upon the king's vanity. Chief among these sycophants was a man named Damocles who never failed to extol the greatness of his monarch and

onstantly dwelt upon the king's onnipotence.
One day the king invited Damoc les to a royal banquet. The food was

the most sumptuous and every hon a that could be conceived was bestowed upon the invited guest. When the banquet was well under way Damoo les chanced to look overhead saw susepnded there, by what My goodniss. Willyum, dont take on so. I dident say I wunted one, did I sed ma. and pop sed. I hope not, that would be the last straw, \$30. Id rather pay \$30 for a dish of proons, and stantly you know how mutch I ware for know warrange. ed a single hair, a huge, nakes

"That," said the monarch, "is con-stantly suspended over me. I never know what danger will next confront

And Democles left the banquet with a larger conception of the value of

kingly honors and powers.

The sword seems to have been constantly suspended over Voltaire as well, for his life is a succession of well, for his life is a succession of clashes with the government. When but 24 years of age (in 1718) he pub-lished his tragedy, Oodipe, the last two cantos of which as well as an eple. Henriade, were written while he was enthusiastically received. From that time on his reputation grew rapidly. Voltaire spent much of his later life at the court of Frederick the Great. He died in 1778. Fifteen per cent of coal mined in the life at the court of Frederick is United States is used to heat dwell-Great. He died in 1778.

-- Wayne D. McMurray.

That all shall be well if I do what I must. Pecans and English walnuts are be

**FORESIGHT** always was better than hindsight. Those who take SCOTT'S EMULSION regularly exercise large dividends in robustness. Scott & Bowne. Bloomfield, N. J. -ALSO MAKERS OF-I-MOIDS (Tablets or Granules) FOR INDIGESTION

# BY ALLMAN

a bad complexion Overcome it! A veil gives only temporary relief Resinol Soap and Ointment have gentle corrective properties that usually clear away skin troubles promptly.completely and at little cost.

Don't veil

Soothing and Healing

# Come in and sit on a cake of ice." Invited the jolly Bear. "Dear me! A cake of ice sounds rather cold and cheerless," said U.-cle Wiggily, once more shivery like. "Ha! Ha!" laughed Mr. Whitewash. "There I go forgetting again! of course, I always sit on a cake of ice myself, but I'll give you one with a ly some containing only one kind of ly some containing only one kind of myself, but I'll give you one with a ly, some containing only one kind of little oil stove inside to keep you fuel some two and some all three warm. warm." "That sounds better," said Unde

The chemical laboratory has solved

YOUR HEALTH

ble any any er-er- And ther he couldn't say another word. At most before he knew if he was from

and he couldn't even speak, much less nibble ears. "Ha! Ha!" laughed Mr. Whitewash

as he threw the stiff, frozen Fox out of the cave into a snow drift, could have pushed him out who

Wiggily. "But won't the oil stove this problem by burning various it's used like this—"The corona"It's only a baby oil stove," exapproximately the same conditions as taken place." they are burned in the body to pro

they are burned in the body to pro-duce heat and energy.

They have taken as the unit of measurement what is called a "calorie." A calorie is the amount of heat required to raise one kilogram of water one degree centigrade or one pound of water four degrees. Enbreuheit.

Most of our foods are mixtures of the three elements, fat, protein and carbohydrate. Almost always there is associated with these energy-yield-ing substances water and salts, which are exceedingly valuable in the diet for other reasons, but not sources of energy.

There is also a certain amount of plant fiber or cellulose, a form of carbohydrate which the body cannot convert into energy but which makes valuable ballast in the digestive It is evident, then, that the more

at is evident, then, that the more water and cellulose a given food contains, the lower its fuel value for a given weight. For instance, the fuel value of pure sugar is 1514 calories a pound while that of grapf juice, which as regards fuel is practically a dilute solution of sugar, is only 451 calories a pound.

calories a pound.

The fuel value of tomatoes, largely water and cellulose, is but 163 calories a pound.

the other hand, proteins and carbohydrates have the same value a pound in the body, but pure fat has two and a quarter times as high energy value. Hence the more fa food contains the higher ene value in proportion to its weight.

Wilbur Played Ostrich

TOM, DID YOU HEAR THEY DIDN'T GET I LAY STILL DIDN'T NO - BUT WE WHAT HAPPENED HAD BURGIARS! A THING - I SCARED MAKE A MOVE OR A AT MY APARTMENT SOUND AND THEY GOT THEM AWAY! LAST NIGHT ? NO, WERE SUSPICIOUS AND BEAT YOU PUT BURGLARS ? IT! YOU DID OUT ? DID THEY GET HOW ? ANY THING ?